



Griswold Middle School

September 2017

Our menus are aligned with the USDA's "Healthier US School" Challenge.



EVERYDAY CHOICES

Fruits & Vegetables
Offered Daily with Lunch Choices

A variety of fruits & vegetables offered, including locally grown produce when in season.

All grains served are Whole Grain Rich

Low Fat 1% or Fat Free Flavored Milk included with all meals

Lunch Prices: Full Pay \$3.00, Reduced \$0.40

	<p>9/5 Welcome Back! Bacon Cheeseburger With Various Toppings Smoky Baked Beans Sweet Corn</p>	<p>9/6 Pasta w/ Meat Sauce or Marinara Sauce Caesar Side Salad</p>	<p>9/7 Cheese Quesadilla or Chicken & Cheese Quesadilla Mexican Black Beans</p>	<p>9/8 Zesty Orange Chicken Brown Rice Steamed Broccoli</p>
<p>9/11 Loaded Hot Dog With Various Toppings Baby Carrots</p>	<p>9/12 Southern Style Chicken & Waffles Oven Baked Tater Tots</p>	<p>9/13 Mac & Cheese or Buffalo Chicken Mac & Cheese WG Dinner Roll Fresh Celery Sticks</p>	<p>9/14 Chicken Nuggets Chunky Potato Wedges Roasted Chickpeas</p>	<p>9/15 Italian Meatball Sub Fresh Cucumber & Tomato Salad</p>
<p>9/18 French Toast Sticks with or with Sausage Vanilla Yogurt Oven Baked Tater Tots</p>	<p>9/19 Crunchy Beef Tacos With Your Favorite Taco Toppings & Black Bean & Corn Salsa</p>	<p>9/20 Pasta w/Meat Sauce or Marinara Sauce Caesar Side Salad</p>	<p>9/21 Spicy Chicken Stir-Fry Brown Rice Citrus Glazed Carrots</p>	<p>9/22 Cheesy Bosco Breadsticks With Marinara Dipping Sauce Steamed Broccoli</p>
<p>9/25 Popcorn Chicken Meal with Mashed Potatoes, Corn & WG Dinner Roll Baby Carrots</p>	<p>9/26 Loaded Baked Potato Broccoli & Cheese or Chili & Cheese Smokey Baked Beans</p>	<p>9/27 Homemade Baked Ziti WG Dinner Roll Mixed Garden Veggies</p>	<p>9/28 Italian Dunkers With Marinara Dipping Sauce Side Garden Salad</p>	<p>9/29 Early Dismissal No Meals Served</p>
<p>All Menus are Subject to Change</p>				



Tacos: Monday, Wednesday & Friday
Nachos: Tuesday & Thursday

Made-to-Order Daily
with Assorted Toppings



Hamburger: Monday,
Wednesday & Friday

Chicken Patty: Tuesday &
Thursday

All sandwiches served on Whole Grain buns
with choice of Toppings & Sauces



Salads & Sandwiches are Available Daily

Daily variety of bread, meat & cheese options with
assorted fresh vegetable toppings & condiments



EVERYDAY CHOICES

Vegetarian, Pepperoni & Daily Special Pizzas

All pizzas feature low fat cheese, low sodium sauce, & whole grain crusts.